

# THE Golden Chronicle

THE SOUTH HADLEY COUNCIL ON AGING  
9 East Parkview Drive, South Hadley MA  
413-538-5042



### South Hadley Council on Aging Mission Statement

The South Hadley Council on Aging, with the support and participation of the community identifies, advocates, and implements meaningful educational, cultural, social, volunteer and wellness activities for persons age 60 and over.

Evening Programming  
Is back!

SH Public Library, 2 Canal St.

### March Evening Programs:

**Tuesday, March 17th at 5pm**

Screening & Discussion of  
Being Mortal: Hosted by

Julie Adamchek from Amedisys

**Tuesday, March 31st at 5pm**

Dementia & Our Community  
With Meghan Lemay, MS from  
Alzheimer's Association

If your employees from your LOCAL  
BUSINESS attend, you will RECEIVE a  
DEMENTIA FRIENDLY designation.

### SNOW, SLEET, FREEZING RAIN & TOWN ALERTS

Watch channel 22 (wwlp.com) or  
40 (WesternMassNews.com) for  
senior center cancellations and  
closures.



Sign up to receive alerts about  
emergencies, road closures,  
power out-ages & info relevant

to the community: [www.southhadley.org](http://www.southhadley.org)

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## Specialty Lunch



LoomisVillage

### **Corned Beef & Cabbage Lunch**

**catered by**

***The Loomis Communities in South Hadley***

**Thursday, March 19th:**

**Fun & Festivities start at 11am  
Lunch served at noon**

**Performance  
by Irish Step  
Dancers**

**A visit by  
Grand  
Colleen & her  
Court**

**Holiday concert with the Do Re Me  
Chorus at 12:45pm**

**Tickets MUST be PRE-PURCHASED by Friday, March 13th.**

**Tickets are \$5.00pp. Please call to reserve 538-5042**

**Lunch, Concert & Raffles sponsored  
by our FRIENDS Of South Hadley Elderly, Inc.  
50/50 raffle, Money Tree Raffle & Lottery Tree Raffle**

**We will be collecting the "much needed item", COLD CEREAL, to donate to  
the Neighbors Helping Neighbors Food Pantry. Please consider donating.**

### APRIL 1ST IS NATIONAL CENSUS DAY

### ENTERTAINMENT, RAFFLES, & SOUP & POPOVER SUPPER

**SPONSORED BY THE FRIENDS OF THE  
SOUTH HADLEY ELDERLY**

**The South Hadley Senior Center will be open  
from 8am to 7pm to assist you!**



By April 1, 2020, you will have received an invitation to participate in the 2020 Census. You can respond online, by phone or by mail. You can respond on your iPhone, iPad or any other mobile device. The COA will have laptops, Ipads and phones available, and we will have assistants ready to lend a hand.

**JIMMY MAZZ performs at 12:45pm  
BERKSHIRE HILLS MUSIC ACADEMY JAZZ TRIO  
performs at 6:00pm**

**SOUP & POPOVERS served 5:30 to 6:30pm**

**To reserve for supper: Call by Friday, March 27th: 538-5042**

**Call for FREE TRANSPORTATION**





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### Debra Dufresne

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413-537-2960 cell  
413-536-7232 office  
debbiedmann@gmail.com

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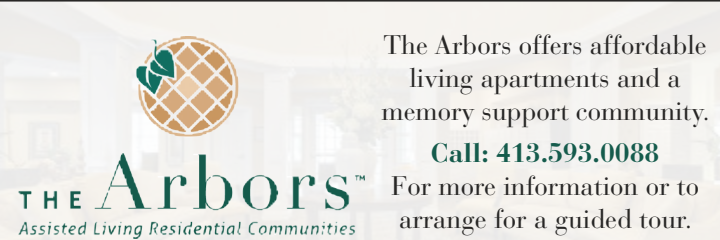


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South Hadley COA - South Hadley, MA 06-5294

## MARCH HAPPENINGS & HIGHLIGHTS



### March Birthdays & Anniversaries

Celebrated at lunch on Thursday  
**March 26th**

Call Ola 538-5042, to reserve

*\*\*If it's your Birthday or Anniversary, your lunch is free!*

Compliments of our **FRIENDS** group



### Lunch & Legislature

with Rep. Dan Carey

**Monday, March 2nd 11:30am**

join us for lunch in the **Gymnasium**

THE BOOKSHOP



### MOVIE with Popcorn

1st Tues. of the Month:

**March 3rd, 1:00pm**

**THE BOOKSHOP (2018)**

(Drama)

Free-spirited widow risks everything to open a bookshop in a small coastal town in mid-1950's.



### Berkshire Hills Music Academy presents

**LIVE BAND: Alumni Performers**

*Come join us on Thursday, March 5th at 11:00am*



### SHAKESPEARE'S: *Julius Caesar*

5-week series with Tom Malone starts

**Tues. MARCH 10TH AT 1PM**

Call 538-5042 to register

### SILK SCARF PAINTING

With Tricia from Care One

**Wednesday March 25th @10:00am**



No experience is necessary to make something beautiful. There is no cost, but registration is necessary to ensure we have enough materials.

Please call 538-5042

by Monday, March 23rd to register.

## Learn at Eleven-Thirty

All welcome to attend! You **DO NOT** need to stay for lunch to attend this presentation.

**National World Hearing Day, Tuesday, March 3rd, 11:30am:** Allison Holmberg, MS, Audiologist, CCC-A & Joni Skinner Bullough, AuD from Hampshire Hearing & Speech Services will talk about tinnitus and other common hearing challenges as we age. **RAFFLES** of a Tailgate gift certificate and two boxes of hearing aid batteries (equivalent of a several years supply) will be provided for those who attend.

### **Diabetes & Nutrition with Holyoke Medical Center, Thursday, March 12th, 11:30am:**

Clinical Nutritionist Navigator, Marissa Chiapperino, and Registered Nurse, Geraldine Cloutier, RN-BSN, will review what happens in the body with diabetes and how to improve, control and monitor blood glucose. They will talk about what makes glucose levels rise and drop and signs of high and low blood glucose and what to do. Lastly, they will discuss the benefits of physical activity and how to eat in a balanced way to optimize diabetes management. **RAFFLES** of a Big Y Gift Certificate and some Holyoke Medical Center swag will be provided for those who attend.

**WENU OT Professors Mike Salemi & Erin Murray, Wednesday, March 18th, 11:30am:** Occupational Therapists Mike Salemi & Erin Murray will talk about the benefits of Occupational Therapy while aging in place with the help of caregivers.



### FRAUD PREVENTION INFORMATION SESSION with Rachel Senecal: Northwestern District

Attorney's TRIAD Director

**Thursday, March 26th at 10:30am**

Learn what you can do to prevent fraud playing an interactive, multiple choice, Senior Savvy Trivia Game. It's a fun way to learn about topics to prevent fraud, such as common phone, email, & internet scams, elder law, adult protective services, and consumer issues.



### Mindful Tools for Stress Management with

Kerry Ouimette, COA Program Coordinator & Certified & Trauma Informed Yoga Instructor

**8 Week Series: Starts Friday, April 3rd at 9:30**

Learn breathing strategies, short meditation strategies, guided deep relaxation, & some other tools to help reduce everyday stress.

Stress is a normal part of life: learn & reinforce simple ways to manage stress in these short, accessible classes that will last approximately 30 minutes. Space is limited. Register by April 1st: 538-5042



## WENU Occupational Therapy Interns at the COA & Visits for Homebound Seniors

### Western New England University Doctoral Occupational Therapy Interns at the COA

8 WEEKS: EVERY TUESDAY  
9am to 12pm

February 11th to April 7th (no interns on March 17th)

Each week the interns will offer various activities from art, flower arranging, & meditation to theraband clinics, exploring ancestry, and ping pong. They will also give talks on topics pertaining to OT and their personal interests. Drop in! In addition to all of the activities at the COA, the interns will be offering home visits for homebound South Hadley Seniors. If you know somebody that could use a wellness check, please encourage them to call the COA to schedule a visit! For the Weekly Schedule: Check the bulletin board & flyering at the COA, Facebook or Call Kerry at 538-5042 ext. 6205

**2020 US Census Support:** 3/31 and 4/7: interns will be available to help you complete your 2020 US Census at the COA.



### Western New England University Doctoral OT Interns Wellness Check Visits for Homebound S.H. Seniors:

Tuesdays, 9am to 12pm

Starts Feb. 11th & Ends April 7th (no visits on 3/17)



Every Tuesday for 8 weeks, a team of two of the OT interns will be making wellness visits to homebound Senior residents in South Hadley. During these visits, the interns can make general suggestions to improve safety and wellness in the home. Interns can also assist people with filling out their 2020 US Census, and answer general questions pertaining to Occupational Therapy, such as ways to prevent falls. If you or someone you know is interested in having a team of WENU OT Interns make a home visit during their internship hours, please call SHCOA Program Coordinator, Kerry Ouimette, at 413 538-5042. ext. 6205.

### AARP TAX PREPARATION SITES

CHICOPEE COA (RiverMills) Call (413) 534-3698: Mon. & Tues. 8:45 AM to 1:00 PM.

BELCHERTOWN COA, Call: (413) 323-0420 Ext: 501 Wed. 8:45am -1:00pm.

HOLYOKE COA, Call: (413) 322-5625: Tues. & Fri. 8:30AM to 2:00PM .

LONGMEADOW COA, Call: (413) 565-4150: Mon. & Wed.: 9:00AM to Noon.

SPRINGFIELD COA Call: (413) 787-6785 : Thursdays: 8:30 AM to 1:00 PM



### TRANSPORTATION

COA MINI-BUS IS HANDICAP ACCESSABLE

Sorry, our bus driver cannot assist with bags

To & From the  
Council On Aging  
is ONLY .75 each way

Home to Appts or  
Shopping is \$1.25  
each way

Door to Door Service

Monday -Friday

Transportation is  
provided  
Throughout  
South Hadley  
Call to schedule  
a ride

Every Tuesday &

Friday: Grocery  
Shopping at the

South Hadley

Big-Y!

3-bags maximum,  
please

Wednesday

Memorial Drive  
in Chicopee  
stops: CVS,  
Walgreens  
& Price Rite.

You must schedule rides 24-hours in advance. Call 538-5042


## ONGOING GROUPS, SERVICES & PROGRAMS

**Alzheimer's Caregiver Support Group:** 1st. & 3rd. Thursday of the month @ 10 a.m.,  
Facilitated by Gerri Bennet, RN, this group provides support and resources to caregivers of loved ones with Alzheimer's disease, dementia or any memory loss illness. The group is open and welcoming.  
*This program is funded in part with funding from the Older Americans Act OAA Title III Program through a grant from WestMass Elder Care.*

**AVA, the Pet Therapy Dog & Maggie** The 1st & 3rd Tuesdays of the Month at 10:30am


**Brown Bag Program:** 3rd Tuesday of the month, 10-11 a.m. The gymnasium at St. Theresa's Parish. Call Ann for more information @ 538.5042 ext. 6206

**Foot Nurse Appointments:** 2nd & 4th Tuesday of the month at 9 a.m. **By appointment.** Call 538-5042. (Room #2)

 **Hampshire Hearing & Speech Services:** 2nd Tues of the Month **By appointment** 9:30 to 12-  
Hearing screenings & hearing aid cleanings with Audiologists Allison Holmberg & Lisa Howard.  
Call 538-5042: Please specify whether you would like a screening or a cleaning.

**Low Vision Group** 2nd Tuesday of the month, 10-11:30 a.m. Transportation provided by the Mass. Assoc. for the Blind and Visually Impaired. Call Ann for information @ 538.5042

**Medical Transportation Program:** Grant funds are available to provide free transportation to medical appointments for eligible seniors. Drivers accompany riders to their appointments if needed. To learn more about the program, please call Ann 538-5042, Ext. 6206 *This program is funded in part with funding from the Older Americans Act OAA Title III Program through a grant from WestMass Elder Care.*

 **Memory Café: On Hiatus:** We are revamping our Memory Café Program and will reopen the Café in June 2020. The Café will meet twice a month and members will be invited to stay, if they wish, for our daily lunch program—complements of our Friends of South Hadley Elderly. Please call Kerry if you have any questions. 538-5042, ext. 6205

**S.H.I.N.E Counseling: By Appointment Only:** SHINE appointment with counselor Eileen Burke regarding questions about Medicare, supplemental plans, prescription drug plans and other insurance questions. Appointment is required. Please call SH COA at 538-5042.

**Veterans Support Group:** 2nd Thursday of the month, 10-11 a.m. This informal group is facilitated by Larry White, Veteran Liaison for Hospice Life Care in Holyoke. In addition to conversation, a variety of educational documentaries will be shown.

**Visits with the Nurse:** 2nd Thursday of the month, 12:00-2:00 p.m. The Board of Health Community Nurse, Marge Bernard, is available for monthly, drop-in visits with seniors. Have your blood pressure checked or just share a concern or ask a question. Stop in to room #2 to meet with Marge. You can always contact Marge at 413-536-6688

**WEIGHT WATCHERS REIMAGINED (WW):** ~ Fridays: 11:45am Weigh-ins. **WW Meeting starts at 12:15pm** New members are always welcome. (Rm #4)

**JOIN OUR EMAIL LIST: email [Lnapiorowski@southhadleyma.gov](mailto:Lnapiorowski@southhadleyma.gov)**

# MARCH EVENT CALENDAR & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 MENU: BBQ RIBLET 11:30 LUNCH &amp; LEGISLATURE: Rep. Dan Carey</p>	<p>3 <b>VOTE TODAY!</b> MENU: RAVIOLI/MEAT SAUCE 9:30-12:00 WNEU Doctoral Interns 10:30 am Ava the Dog visit LEARN at 11:30 with Audiologists Allison Holmberg &amp; Joni Skinner 1:00 MOVIE: "THE BOOKSHOP" (2018)</p>	<p>4 MENU: BROCCOLI &amp; CHEESE QUICHE 3:00pm: Book club</p>	<p>5 MENU: ROAST TURKEY/GRAVY 10:00 am: Alzheimer's Caregiver Support Group 11:00 Berkshire Hills Alummi Per-formers</p>	<p>6 <b>BIG Y SHOPPING</b> MENU: TUNA NOODLE/PEAS CAS-SEROLE</p>
<p>9 MENU: SALISBURY STEAK/GRAVY 4:30pm COA Board of Directors Meeting</p>	<p>10 <b>BIG Y SHOPPING</b> MENU: CHICKEN "POT PIE" Foot Nurse by Appointment 9:00-12:00 WNEU Doctoral students 10:00 <u>LOW VISION GROUP</u> 10-11:30 <u>CENSUS INFO</u> 1:00-2:30 SHAKESPEARE -Julius Caesar (5 week series to 4/7) - Room #2 4:00-5pm FRIENDS MEETING AT -Rm#5</p>	<p>11 <b>MEMORIAL DRIVE SHOPPING</b> MENU: STUFFED SHELLS W/MEAT SAUCE 9:00 SHINE by Appt. 9:00 Gentle Yoga for 8 weeks</p>	<p>12 MENU: MEATLOAF/GRAVY 10:00 Veterans Meeting 10-11am &amp; 12pm -2pm: <b>CENSUS INFO</b> LEARN at 11:30: Nutrition &amp; Diabetes with Holyoke Medical Center 12:00-2:00 Visit with the Com-munity Nurse (drop in)</p>	<p>13 <b>BIG Y SHOPPING</b> MENU: CHEESE OMELET</p>
<p>16 MENU: CHICKEN WITH ORANGE GLAZE</p>	<p>17 MENU: CORNED BEEF &amp; CABBAGE <b>BIG Y SHOPPING</b> 10:30am Ava the Dog visit 9:00- 11AM <b>CENSUS INFO</b> 10-11am Brown Bag Pick-up 1:00-2:30 Shakespeare—Julius Ceasar 5:00pm <b>EVENING PROGRAM</b>: "Being Mortal" : S.H. Public Library;2 Canal St.</p>	<p>18 <b>MEMORIAL DRIVE SHOPPING</b> MENU: LASAGNA/MEAT SAUCE LEARN at 11:30: Professors Mike Salemi &amp; Erin Murray from WNE University's O.T. Dept.</p>	<p>19 MENU: CORNED BEEF &amp; CABBAGE (SPECIAL MEAL - DINING ROOM) SLICED PORK W/GRAVY (HMOW) 11:00 ENTERTAINMENT STARTS 10:00 am: Alzheimer's Caregiver Support Group</p>	<p>20 <b>BIG Y SHOPPING</b> MENU: SALMON/DILL SAUCE</p>
<p>23 MENU: KIELBASA/LAZY PIEROGI</p>	<p>24 <b>BIG Y SHOPPING</b> MENU: TACO TUESDAY—BEEF/BEAN MIX W/CHEESE, RICE, LETTUCE, ETC. Foot Nurse by Appointment 9:00 NEWSLETTER COLLATING 9:00-12:00 WNEU Doctoral Interns 1:00-2:30 Shakespeare—Julius Caesar</p>	<p>25 <b>MEMORIAL DRIVE SHOPPING</b> MENU: DIJON-TARRAGON CHICKEN 9am to 12pm: SHINE by Appt. 10:00 Silk Scarf Making</p>	<p>26 <b>BIRTHDAY/ANNIVERSARY</b> MENU: POT ROAST W/GRAVY 10:30 TRIAD FRAUD PRESENTATION &amp; GAME</p>	<p>27 <b>BIG Y SHOPPING</b> MENU: POTATO POLLOCK</p>
<p>30 MENU: SWEDISH MEATBALLS</p>	<p>31 MENU: CHICKEN CORDON BLEU 9:00-12:00 WNEU Doctoral Interns 1:00-2:30 Shakespeare—Julius Ceasar 5:00 pm <b>EVENING PROG</b>: "Dementia &amp; Our Community" at So. Hadley Public Library (2 Canal Street)</p>			

# DAILY ACTIVITY SCHEDULE

Ongoing activities—new participants always welcome!

MONDAY	8:00—10:00	N/C	Cornhole Beanbag Games - Gym 2
	10:00am	\$3.00 per class	Tai Chi (Room #5 & #6) - <i>pay at the office.</i>
	10:00am	N/C	Music Appreciation (Rm #4)
	1:00pm	N/C	Canasta(Rm 2) Pinochle (Rm #3) Mah Jongg Rm #5
	1:00pm	N/C	Color Me Calm (Rm #4) 1st & 3rd Monday
TUESDAY	10:00am	Cost varies per session (Check with Office)	Beginning Exercise (Rm #5 & 6)
	1:00pm	N/C	Bingo (Rm 5 & 6), Shakespeare (Rm #2)
WED.	9:00am	\$5.00 per class	Gentle Yoga With Michele (Rm #5 & #6) 3/11-4/29
	9:15am	N/C	Dance with Loryn (Gym #2)
	10:30am	N/C	Healthy Bones & Balance (Rm #5 & #6)
	1:00pm	N/C	Pitch (Rm 6), Mah Jongg (Rm #5 )
	3:00pm	N/C	Book Club - 1st Wed./ Month (Rm #4)
THURS.	9:30am	\$5.00 (Pay instructor)	Watercolor Class (Gym#2)
	10:00am	Cost varies per session (Check with Office)	Beginning Exercise (Rm #5 & #6)
	10:15am	\$3.00 (Pay instructor)	Seated & Standing Yoga (Rm #3)
	1:00pm	N/C	Quilting (Gym#4), Chip Poker (Rm #3)
	1:15pm	N/C	Karaoke Klub (Rm #5 & 6)
FRIDAY	8:00—10:00	N/C	Cornhole Beanbag Games- Gym #2
	9:00-12pm	N/C	Creative Collage (1st & 3rd Friday/Month)
	10:30am	N/C	Healthy Bones & Balance (Rm #5 & #6)
	1:00pm	N/C	Bridge (Rm #3), Canasta (Rm #2)
	1:00pm	N/C	Cribbage (Rm#5&#6), Knitting (Rm#2)



## CORNHOLE IN THE GYM Monday & Fri-

day mornings  
in the Gym  
Drop-in anytime between  
8am to 10:00am



## WATERCOLORS with

Tina is back!

\$5.00

Per Class

Call 538-5042



## OPEN BILLIARDS Monday—Friday

9:00 to 11am

Recreation Building at Lathrop  
Village: 69 Lathrop Street in S.H.  
Our FRIENDS moved a table from the  
old building to Lathrop Village.  
Stop in for game or two!!

SUPPORT THE **ADVERTISERS**  
THAT SUPPORT OUR COMMUNITY



## A NOTE FROM LESLIE

### How can YOU prevent Massachusetts from losing \$2,372 per person, per-year for 10 Years?

By participating in the count for the 2020 Census and encouraging your friends, family members and neighbors to be counted.

Throughout March, all South Hadley households will be mailed their invitation to participate in the 2020 Census and you'll have the option to fill out the Census online or by phone. The invitation will include an identification number that you will need to access the census. The senior center staff is here to help you with this process. If you need help or have any questions, *PLEASE* call the COA or come in for assistance.

We are working with Carlene Hamelin, our Town Clerk, and Zoraia De Jesus Barros from the Census Bureau of the U.S. Department of Commerce to provide you the most accurate information. The data collected from the 2020 Census is *CONFIDENTIAL* and will be used to allocate trillions of dollars in federal funding to states. This funding includes support for public services for our schools, hospitals, police and fire departments as well as programs vital to public health such as Medicaid and the Special Supplemental Nutrition Program for Women, Infants, and Children.

In terms of services to seniors, the Census data will be used to ensure our senior center receives the maximum funds to support services for programs and outreach options for older adults. This yearly funding is crucial to our Senior Center's success. It's estimated that the older adult population in South Hadley has risen to 5,244, and the number of older adults will continue to increase steadily until 2030. This current growth of the population ages 65 and older, driven by the large baby boom generation, is unprecedented in U.S. history. The COA is here to assist you. Please support the Town of South Hadley and our Council on Aging by participating in the 2020 Census. ~ Leslie

### Wed. April 1st Happenings

COA open 8am to 7pm

Ride the Minibus FREE

Balloons, Banners &  
Raffle baskets!

Jimmy Mazz &  
Berkshire Hills Jazz Trio  
perform

\$100 Raffle Entry

Representative Carey  
Visit

Census Sign-up  
Stations.

Census Cake!

FREE Soup & Popover  
Dinner  
(5:30-6:30pm)

Free giveaways &  
much more!!

## SOCIAL SERVICES –ANN'S CORNER



### LIGHTS ON!

Once again our South Hadley Community has responded so generously to our "Lights On" gift account. Because of those donations, the Council on Aging was able to give a \$60.00 electric light credit to twenty-seven seniors! We are so grateful for South Hadley businesses and kind hearted residents for their continued support of our programs.

THANK YOU 



### LOW VISION

**GROUP** ~ Tuesday,  
March 10th. @ 10:00

a.m. Our guest speaker will be Karen Buscemi, NP. Karen will speak about depression and anxiety. For information, call Ann at 538.5042 or by email at [aandras@southhadleyma.gov](mailto:aandras@southhadleyma.gov). Members are encouraged and welcomed to stay for lunch immediately following the meeting. Transportation for South Hadley residents is available. For mini van and lunch reservations: Call Ola @ ext. 6201



### ANN'S COMMUNITY OUTREACH DAYS

at Newton Manor, Hubert Place and Lathrop Village are on hold for the winters months of January, February and March 2020! Remember Ann can be reached at the Senior Center, Monday thru Friday from 8:00 a.m. to 4:30 p.m. by calling 538.5042 ext. 6206 or by email @ [aandras@southhadleyma.gov](mailto:aandras@southhadleyma.gov)



### FUEL ASSISTANCE 2019/2020

Fuel Assistance help is still available. For help with re-certification or to apply for the first time, please call Ann at 538.5042 or email at [aandras@southhadleyma.gov](mailto:aandras@southhadleyma.gov)

## INFORMATION

### COMPUTER TUTORING

Tutors are available for private lessons at the center  
For I pads, Basic P.C., Laptops  
Please call the office  
to schedule 538-5042

### SAND FOR SENIORS

Available to South Hadley senior residents.  
Provided by the South Hadley TRIAD  
Call 538-5042 to order your bucket!

### Do you need financial assistance to take a COA Class?

We want all our members to be able to enjoy the activities and exercise classes at the senior center. Starting in January 2020, we will offer a maximum of two \$15.00 scholarships per month to low-income older adults living in South Hadley. There is a maximum of (\$150) per calendar year/per member. Contact Ann Andras at [aan-dras@southhadleyma.gov](mailto:aan-dras@southhadleyma.gov) or call 538-4042 for an application.

## RAINBOW SUPPER



### Rainbow Supper Club

Western Mass ElderCare & The Holyoke COA invite all LGBT seniors, age 60 and older, younger partners, friends and allies.

First Wednesday of the Month  
5pm-7pm; Holyoke Council on Aging, 291 Pine St, Holyoke, MA

#### Reservations required call

413-538-9020 Or email

[rainbowsupper-](mailto:rainbowsupper-club@wmeldercare.org)

[club@wmeldercare.org](mailto:club@wmeldercare.org)

Suggested, confidential, voluntary donation of \$2.25 for those individuals age 60 years or older; \$6.00 fee for guest under 60 yrs

Funding from the Older Americans Act through the Massachusetts Executive Office of Elder Affairs and The Administration for Community Living provide GRANTS FROM WESTMASS ELDERCARE, INC. The programs include: Alzheimer's Caregivers Support Group, and Companion/Escort transportation. Call 538-5042 for information.

The mailing of the newsletter is made possible through Formula Grant funds & your generous support.

Transportation is available to and from the South Hadley Senior Center and destinations in town. It is provided in part by the Executive Office of Elder Affairs, Town funding and many generous donations.

### South Hadley Dental Associates, Inc.



Marjorie S. Block, D.M.D.

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South Hadley COA - South Hadley, MA 06-5294

## DONATIONS AND MEMORIALS

**THANK YOU!**

**Our thanks to the following businesses & individuals for their generous donations to the COA:**

The Friends of South Hadley Elderly, Carey's Flowers, Inc., Representative Dan Carey, Larry White Jr., Eileen Burke, Ron & Joan Leombruno, Ken Rogers, Healthy Bones & Balance, Ava & Maggie, Roger Farnsworth, Linda Herron, Tom Malone, Hampshire Hearing & Speech Services, Our Western New England University Interns, The Grand Colleens, Amedisys, Alzheimer's Association, Care One, TRIAD, Holyoke Medical Center, Holyoke St. Patrick's Parade Committee and Holyoke Grand Colleen and her court., WENU Dir. Of OT Depart., Mike Salemi & Erin Murray & Zoraia De Jesus Barros

### MARCH 2020 – MEMORIAL DONATIONS & OTHER DONATIONS

We are sincerely grateful for all the donations to the South Hadley COA in support of our senior center and the many activities, programs and services we provide. Donations made *In Memory Of*, are indicated in capital letters.

#### DELORES GIROUX

Carol & Raymond Florence  
Dorothy Castonguay  
Gerri Bennett  
Patricia O'Connor

#### HOWARD KIRKPATRICK

His Daughters

#### RUTH DESJEUNES

Don Desjeunes

#### EMMA MROCZEK

Sandy Mroczek-McAleer

**(Memorial Donations are due one-month in advance to appear in the next month's Newsletter.)**



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# FRIENDS OF SOUTH HADLEY ELDERLY NEWS

## DONATIONS TO THE FRIENDS

The Friends' would like to  
**thank the following individuals and companies for their generous**  
**donations to the Friends and the New Senior Center Fund:**

Gale Quenneville in memory of Delores Giroux  
 Josephine Brunelle in memory of Lucian Brunelle

Joan Allard	Carol Thibault	Lillian & Bill Dunn
Joan O'Connor	MassMutual	Peter & Sue Gruber
Dorothy Skibel	Linda Delone Best	Cynthia & Meir Weinstein
Sara Lawrence	Alice Jessup	J.P. & Donna Shea
Shirley Aubuchon	Joan Giannetti	Bill & Sharon Chaffee
Richard Aras	Cynthia Beauregard	Edward & Kathleen Kopec
	Chuck & Terry Malone	Richard & Joan Aras

**JOIN US AT OUR NEXT MEETING:** The Friends meet the 2nd Tuesday of each month at 4:00 p.m. at the Council on Aging (St. Theresa's Church, 9 East Parkview Drive, South Hadley). **All ages are welcome! You don't need to be a Senior to join or to become a volunteer. Please join us at our next meeting, TUES., MARCH 10th!**

*"Enhancing the lives of South Hadley's Senior Community"*

## JOIN THE FRIENDS TODAY!

Please consider joining the Friends of the South Hadley Elderly. Dues are \$10 per person/ \$20 joint membership. Dues are a valuable source of funding for the Friends and help support free programming and entertainment offered at the COA.

**Please make checks payable to the "Friends of the South Hadley Elderly".** Mail dues or donations to the Friends of S.H. Elderly at 9 East Parkview Drive, So. Hadley, MA 01075(send name/address/phone #/email)

## FRIENDS' MONTHLY CRAZY GUESS

Be on the lookout each month for the Friends' monthly "Guessing Jar". Each month you'll have an opportunity to guess the number of treats/items in the jar. Whomever guesses the closest will win a Big Y gift card. March's Guessing Jar will have some delicious chocolates and will be out the week of March 16th so be sure to place your guess. You can't win if you don't guess!

**Anyone who joins by March 19, will be entered into a drawing to receive a \$100 lottery tree. Drawing will be held at the St. Patrick's Day Specialty Lunch**

# SENIORS ON THE GO.....TRAVEL CLUB TRIPS

**Travel Club Hours at Center: Wed: 12pm - 1:30pm & Thursdays: 10am - 11:30am**

**March 26, 2020 Seven Angels Théâtre, Waterbury CT: "Always a Bridesmaid"**  
 Transportation, luncheon & Show  
 Cost \$105. Call Susan Canedy

**March 31, 2020: Encore Casino, Boston, MA**  
 Cost \$50. Call Huguette Supinski @413-530-6162 (Full payment required at time of reservation)

**April 28, 2020: Aqua Turf Club Southington, CT "Stars of the Grand Ole Opry"** Music & Laughter. Package includes: Transportation, luncheon and show. Cost \$100. Call Jon Camp @ 413-536-4113.

**May 19, 2020: Bronx Zoo, NY City. The Total Experience Pass** includes Monorail, Butterfly Garden, Gorilla Forest, Jungle World, Dinosaur Safari & Zoo Shuttle. Includes dinner at Cracker Barrel in Milford, CT. Cost \$115.

**June 18, 2020: Lake George Luncheon Cruise, Lake George, NY.**  
 Cost \$115.  
 Call Jon Camp @ 413-536-4113

**July 14, 2020: Connecticut Lighthouse Cruise, New London, CT.** Cost: \$115. Call Susan Canedy @536-2106

**August 18 to 21, 2020: Quebec City, Canada.**  
 This 4 day / 3 night / 8 meal trip.  
 Call Huguette, 413-530-6162.

**September 15, 2020: Dan'l Webster Inn with New Cabaret Show, Sandwich, MA.**  
 Call Jon Camp @ 413-536-4113

**October 13, 2020: Inn at East Hill Farm, Troy, NH. And Cathedral of the Pines.**  
 Call Huguette, 413-530-6162

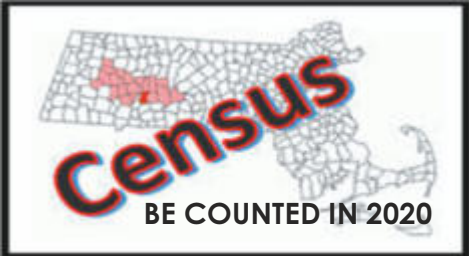


**SOUTH HADLEY  
COUNCIL ON AGING**  
9 East Parkview Drive  
SOUTH HADLEY, MA 01075

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**GIFT FUNDS**

**The South Hadley Council on Aging Gift Funds**  
The South Hadley COA Gift Funds are used to provide services, programs and activities for South Hadley older adults and are not part of the Town's operating budget for the COA  
Please make checks payable to **"South Hadley Council on Aging"**  
Contributions will be listed in our newsletter unless you wish to remain anonymous.

**The Friends of South Hadley Elderly New Senior Center Fund**  
Join the Friends in supporting the new Senior Center. All contributions are tax deductible as the Friends are a 501(c) (3) non-profit organization  
Make your check payable to **The Friends of South Hadley Elderly**

\*In Honor or Appreciation of: \_\_\_\_\_ or  
\*In Memory Of: \_\_\_\_\_ or  
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Address \_\_\_\_\_  
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Name: \_\_\_\_\_ Address: \_\_\_\_\_ Relationship to deceased: \_\_\_\_\_

If you **DO NOT** want your name published in the newsletter, please  
Check here:

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**FRIENDS OF SOUTH HADLEY ELDERLY**  
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